



Virtual SportsFest 2020

Goal is to complete at least 7 out of 11 sports challenges!

- Print this SportsFest punch card
- Review the equipment list and gather or make the equipment you will need to do the challenges
- Watch the videos for how to complete the challenges
- Make any necessary equipment (sock balls, paper frisbee, etc.)
- Set-up your challenge area, make sure you have enough room to move around safely and nothing breakable is nearby
- Complete the Sports challenges one by one
- Take photos or short videos and share on Facebook or Instagram using #SportsFest2020
- Mark each challenge you complete on the card
- At the end, scan or take a photo of the completed card and email it along with the participant name and grade to sports@gaithersburgmd.gov
- If you've done at least 7, you will be emailed a SportsFest certificate and will receive the login information for the SportsFest Celebration on Zoom on Saturday, July 18 at 11 a.m.

Sports Challenge Notes:

- "Create your own" Challenge: Do you have a sport or a creative way of playing one of the existing ones? Create your own and post it using #SportsFest2020
- 1K Fun Run -- Saturday, July 18 at 9 a.m.: Map your course using any app or track 1315 steps. Bring your family along for the fun!

Thank you for playing, and remember what Coach G
always says about Gaithersburg Sports!:
FUN HAPPENS HERE!

GAITHERSBURG SPORTS

SportsFest Challenge for Grades K - 8

Complete at least 7 out of 11 sports!

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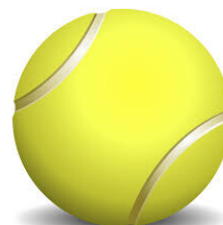
Baseball /
Softball

Disc Golf

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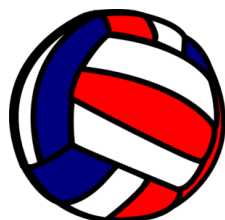
Speed &
Agility

Tennis

☐☐

Basketball

Standing
Long Jump

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Volleyball

Soccer

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Obstacle
Course

1K Fun
Run

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Create your
own challenge!

Submit photo of your
completed card to
sports@gaitHERSBURmd.gov